

## **Gentle Stretching with Dianne Voikos**

Each class begins with centering and breath awareness, followed by a flow of gentle stretches, to keep our muscles lengthened and healthy. Everyone is unique in their ability to stretch; sometimes people find their upper body is more flexible than the lower body or vice versa. Body awareness is a key focus.

### **Bio**

Dianne Voikos started her career as a Registered Nurse, then began her own business in 2000 as a licensed massage therapist, operating The Massage Studio on Cape Cod. As a triathlete and rower, she has experienced first-hand many of the physical challenges that athletes endure in the rigors of training. Dianne specializes in working with athletes and keeping them on top of their game. Whether it's injury prevention, treating an injury, or post-race-soreness, she loves seeing the positive results.

Her extensive knowledge in the areas of anatomy, physiology, pathophysiology, kinesiology, sports massage, and mindfulness practices, has led her to teach classes from Massachusetts to Hawaii. She wants people to learn and understand about their own bodies and feels by knowing, we can start to unravel some of the mysteries of why some people are more prone to injuries than others.

Dianne is also an herbalist and has started a product-based business, called *Herbs Oils and You*, using natural herbs and oils, formulating sport products for active lifestyles.